

In a duplex link (40, 60, 90, 116) coupling first and second frequency hopping wireless communication devices, either or both of the frequency hopping patterns that are respectively used in the downlink and the uplink can be selectively and dynamically extended. Extension of the frequency hopping pattern associated with the uplink (55, 74) can compensate for a power imbalance between the uplink and the downlink by improving the gain of the uplink. By extending the frequency hopping pattern associated with the downlink (106, 129), strong interfering frequencies that would otherwise interfere with many downlink frequencies can be avoided.